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Tuesday, December 19, 2017 metro.us | t: MetroPhilly | f: MetroPhilly

PICKING UP THE SLACK

A pair of seniors help pick up the scoring load for St. Joe's. 18

Eagles' defense slowing down. 20

Where to eat Christmas Eve dinner. 14

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New Year's Concert

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LOGGING OUT

Where but in Philly could you find a full-scale log cabin in the city? But after 32 years, a NoLibs artist is putting his legendary cabin up for sale. 6-7

JOE CARPINO

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WELCOME TO METRO PHILLY

SAM NEWHOUSE, REPORTER

It's almost time for the holidays, Philly. Among the goings-on this week: An artist puts his 32-year-old log cabin in NoLibs on the market, while SEPTA is honoring the 125th anniversary of electric trolley services in Philly with a special decorated train car. Plus, a lawyer who pleaded guilty to paying a 14-year-old sex trafficking victim for sex gets prison time. Read it all inside and at **metrophilly.us.**

SENATOR LEE SAYS HE WILL VOTE FOR TAX BILL

1 United States Republican Sen. Mike Lee of Utah said on Monday that he will support legislation to overhaul the U.S. tax system, leaving only two Republicans undecided as the bill approaches a final Senate vote this week. "Just finished reading the final Tax Cuts and Jobs Act. It will cut taxes for working Utah families. I will proudly vote for it," Lee said in a message he released on Twitter. Republicans, who control the 100-seat Senate by only a 52-48 margin, can lose support from no more than two party lawmakers if the bill is to pass. Republican Sens. Susan Collins and Jeff Flake have yet not said whether they will support the legislation. Sen. John McCain, who has brain cancer, will not be present for the vote.

CHARLOTTESVILLE POLICE CHIEF RETIRES

2 The police chief of Charlottesville, Virginia, announced his retirement on Monday, about two weeks after a report faulted his department and others for failing to protect public safety during a white nationalist rally in August that turned deadly. On Dec. 1, a three-month review by former U.S. Attorney Timothy Heaphy blamed law enforcement agencies for breakdowns in planning and coordination, as well as a timid response, that led to "disastrous results." Police Chief Al Thomas' retirement was effective immediately, the city said in a statement. The University of Virginia is located in Charlottesville. "Nothing in my career has brought me more pride than serving as the police chief for the City of Charlottesville," Thomas said in the statement, without providing a reason for his departure.

HARBIN ICE & SNOW WORLD

3 The Ice and Snow World Park will host the 34th Harbin International Ice and Shold an Ice and Snow Sculpture Festival from January 5 until the end of February.

GETTY IMAGES

TAXPAYERS RUSH TO CLAIM DEDUCTIONS

4 Financial advisers and accountants are working overtime as many U.S. taxpayers scramble to pay the rest of their 2017 taxes before Jan. 1 when the proposed Republican tax overhaul would sharply cut the amount they can deduct on federal tax bills. The tax legislation, which top U.S. Republicans said on Sunday they expected Congress to pass this week, caps the amount of state, local and property taxes individuals can deduct from their federal tax bills at $10,000. The average American who itemized his or her tax bill in 2015 claimed more than $27,000 in deductions. While taxpayers have until Jan. 15 to pay the final installment of their 2017 taxes, Tom Holly of the accounting firm PwC said he received dozens of calls over the weekend from concerned clients eager to pay sooner.

TWITTER TO PUT WARNINGS BEFORE HATE IMAGES

5 Twitter Inc. said on Monday it would begin issuing a warning before a user can see pictures with Nazi swastikas and other items it determines are hateful imagery, as well as prohibit their use in any profile photos on its social media network. The new policies also ban users who associate either online or offline with organizations that promote violence against civilians. The step is one of several that Twitter said it would take to crack down on white nationalists and other violent or hateful groups, which have become unwelcome on a service that once took an absolutist view of free speech. Twitter said in a statement that it would shut down accounts affiliated with non-government organizations that promote violence against civilians, and ban user names that constitute a violent threat or racial slur.

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Traffickers brought underage girl to lawyer's Center City office for sex

Attorney and two men sentenced for abusing 14-year-old.

SAM NEWHOUSE
@scnewhouse
sam.newhouse@metro.us

A 14-year-old girl who was sold to some 20 strangers a week for money while being trafficked for sex in Philly was able to identify just one of the men who violated her: a former Center City attorney.

That's because the victim remembered that Brian Meehan's name was on the door when she was forced to have sex with him in March 2012 inside the offices of Bishop, Dorfman, Lazaroff & Meehan, his former firm. He also referred to himself by his last name, according to prosecutors.

On Monday, Meehan got a two- to four-year sentence and eight years' probation as a registered sex offender after pleading guilty to statutory sexual assault, promoting the prostitution of a minor and corrupting the morals of a minor. Trafficker Shante Fenning got six to 12 years in prison and 10 years' probation, and fellow trafficker Robert Harris got 14 to 28 years incarceration and eight years of probation.

Harris knew the victim, and he was able to gain her trust and lure her into being sold for sex, said assistant district attorney Meghan Goddard.

A holiday treat Meehan gave the victim is part of what led to the arrests of all three.

"One of the details the victim remembered is he offered her Irish potatoes. It was the first time she had had those candies," Goddard said. "Through some other information … we determined one of the visits was the day before St. Patrick's Day. And employees at the office confirmed Mrs. Meehan sent Irish potatoes to the firm every year."

Additionally, DNA tests were positive for Meehan's sperm on his office couch and rug, where the victim described being forced to have sex two and a half-years prior, Goddard said.

Meehan also forced her to have sex in the 12th-floor conference room, and bragged to her about his penchant for underage girls, saying "that he liked them young and his youngest was 12," according to the grand jury presentment.

The victim was reported missing in March 2012 after not coming home after school. Harris and Fenning allegedly kept her captive at the home in Germantown on 21 Harvey St. just blocks from where her family lived, while beating her and forcing her to have sex with strangers, including Meehan, who had previously represented the couple in a legal matter. (Four other girls were allegedly trafficked out of the house, but those cases did not result in charges.

The couple later sold the victim to a man in Camden for $600. She was then trafficked back to Philly before being sent to a pimp in Georgia and allegedly jailed for stolen check charges in May 2012, where she served some two years before being questioned about her history of abuse.

She then gave investigators from Philly information that led them to execute a search warrant at Meehan's office on Oct. 10, 2014. He was fired from his law firm that same day.

Brian Meehan pleaded guilty to statutory sexual assault, promoting the prostitution of a minor and corrupting the morals of a minor. PROVIDED

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Philly artist Jeff Thomas, 70, inside the log cabin he built in Northern Liberties in 1985 on top of four vacant lots for $50,000. ALL PHOTOS JOE CARPINO

Legendary log cabin in NoLibs put up for sale by artist-creator

Sculptor-painter Jeff Thomas blurs the boundaries between life and work.

A.D. AMOROSI
@MetroPhilly
letters@metro.us

When Jeff Thomas talks seriously about selling the now-legendary log cabin that he built with his own hands in Northern Liberties in 1985, there is, of course, a sense of sorrow and of loss.

How could there not be? Thomas, now 70, has lived for 32 years in this cozy space at 878 N. Lawrence Street space crafted from oak planks and West Virginia poplar logs decades before this once-dilapidated block's renaissance of tiny housing.

"I'm part of the change," said Thomas, sitting before a roaring fireplace with his 10-year-old terrier, Sparky, at his feet. "I had other houses and lots on this block that I've sold — one right in front of me. I can't complain about so-called bastards ruining this neighborhood with their modern condos and their gentrification. I'm one of those bastards."

Like other bohemian artists and early adopters who moved to and built up Northern Liberties, Thomas is responsible for creating that neighborhood's inventively expressive cosmopolitan flair and, therefore, its potential for upscale ascension.

It cost him $50,000 and a year-and-a-half of his life to build on what was four vacant lots. Now he's asking $639,000 for a two-room, two-floor space with parking. One thing that gets lost in translation, however, is the fact that the cabin is but one more chapter, one more art piece, in Thomas' life and work as an artist.

"My body of work is like one long book. The cabin is just one more aspect of that, one that I just happen to live inside," he said.

Displaying smaller works such as his colorful, acrylic-coated, hanger-mounted, "closet art" at Dirty Frank's Off the Wall Gallery, the Philadelphia College of Art graduate is renowned for his immense sense of scale and the tactile, rough sculptural work often made from metallic elements, stone, trees, weathered driftwood and household tools and implements. The cabin itself was based upon a childhood preoccupation of playing with Lincoln Logs.

"I have an eye for and a feel for nature," he said of his aesthetic history and how it translates into his

"This place is built like a ship," Jeff Thomas said of his cabin residence in Philly.

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The cabin's current asking price stands at $639,000.

Like other artists who moved to Northern Liberties, Jeff Thomas is responsible for creating the area's eclectic flair.

sculptures and paintings, past and present. "With this cabin, I just knew instinctively how to construct it. And it's all up to code." Thomas tells a funny story about finishing the cabin with engineers, building inspectors and one 300-pound-man in tow—the latter's sole reason for being there was to jump in place on the cabin's second floor.

"He was there to prove how sound this structure was. It was, and it is. This place is built like a ship," he said.

The ladderlike steps going from floor one to two proves as much as it has the feel of a yacht's staircase.

Thomas, Poring through records and catalogs of past exhibitions from this decade, notes that he's shown and curated events at the Highway Gallery such as "The Shovel Show," an industrial, wood-shedding exhibition that would look right at home in his rustic log cabin. His next move might be to show large-scale work at the Cherry Street Pier warehouse in 2018.

"The point is this cabin, no matter what the scale, is part of my history of work. This is my art," he said.

As an artist, Thomas is restless, and 32 years is a long time in one place. So he's looking to move in the area —"a loft where Sparky and I can be conformable" — and the nearly $700,000 price tag for his cabin will be cushion enough for him to live out his days.

As an artist, he knows that once he's sold his cabin, his live-inn sculpture could be demolished to make way for another set of condos or brick housing on the block — a problem facing Old City's for-sale Painted Bride Arts Center and its historic Isaiah Zagar mural.

With that, Thomas' log cabin is both permanent and temporal; and, of course, it's difficult to say goodbye.

"That's the nature of art," he said. "Once you finish it, it's in the hands of the new owner, who can do what they like. That's the cycle."

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SEPTA is honoring the history of the Philly icon with a decorated car.

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SEPTA is honoring the history of its trolley system with a special 125th-anniversary trolley, which will travel the city for the next year celebrating trolley history. COURTESY OF SEPTA

In 1892, the first electric trolleys began to roll across the streets of Philadelphia. They replaced the horse-drawn carts as the city's dominant method of public transportation.

As of 1946, the fleet included some 1,900 trolley cars, which carried more than 600 million riders a year. But in the 1950s trolleys began to be phased out in favor of buses.

Today, electric trolleys still serve SEPTA commuters on Routes 10, 11, 13, 15, 34 and 36.

On Friday, SEPTA leaders and transportation enthusiasts celebrated that history with the debut of a specially-wrapped trolley that will celebrate the 125th anniversary of trolleys in Philadelphia for the next year.

The special anniversary trolley is now in service on Routes 11, 13, 34 and 36.

This trolley was unveiled by SEPTA Assistant General Manager of Operations Ronald G. Hopkins and Heinle Assistant General Manager of Customer Service and Advocacy Kim Scott Heinle on Friday at the Elmwood District depot near the 73rd street station at a celebration attended by members of the Authority's Citizens Advisory Council and Youth Advisory Council.

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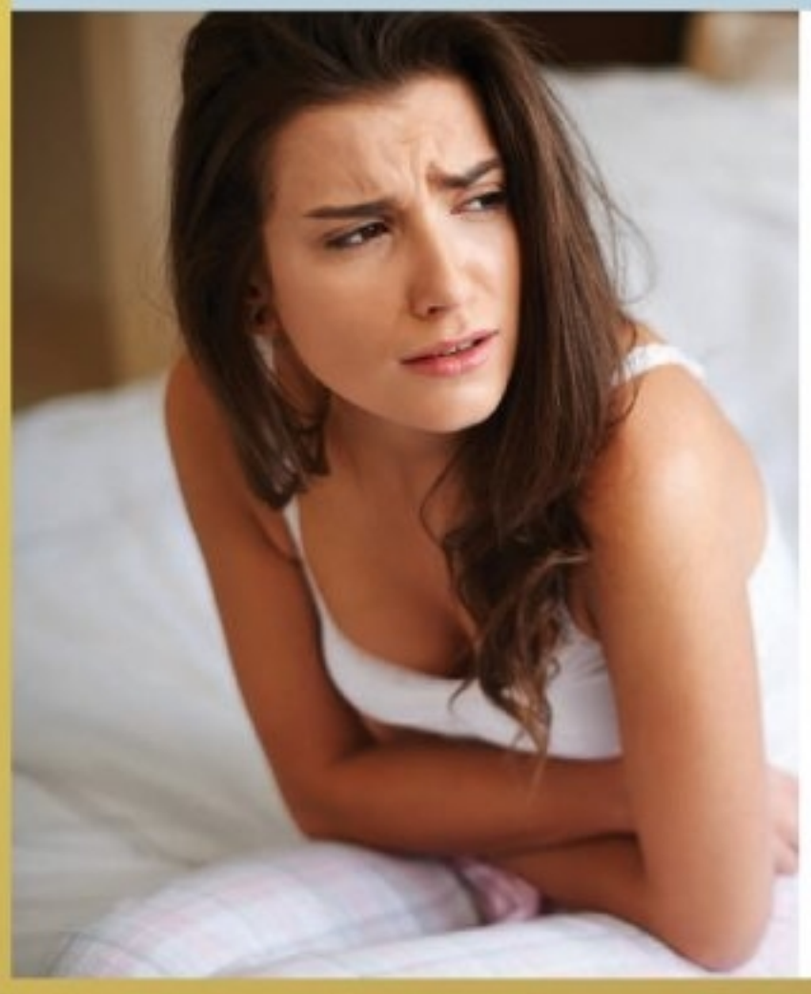

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Passengers killed when Amtrak train on new route derails in Washington state

The derailed train was carrying 77 passengers and five crew. PIERCE COUNTY SHERIFF

An Amtrak train derailed Monday in Washington state during its inaugural run on a faster route from Seattle to Portland, Oregon, sending passenger cars tumbling from a bridge onto a major highway, killing a number of riders and injuring nearly 100 people.

The derailment caused "multiple fatalities," Pierce County Sheriff's Department spokesman Ed Troyer said, without giving a specific number.

Thirteen of the train's 14 cars jumped the tracks, Washington State Patrol spokeswoman Brooke Bova said. Five vehicles and two trucks were involved in the accident; some motorists were injured but none died, authorities said.

Seventy-seven people were taken to local hospitals, according to the Tacoma-based CHI Franciscan Health healthcare network. Another 20 patients were treated at the Madigan Army Medical Center in Tacoma, the center said.

Several hours after the 7:40 a.m. crash in DuPont, Washington, train cars remained dangling from the overpass, with others strewn across Interstate 5.

The train carried 77 passengers and five crew, Bova said.

People escaped by kicking out windows, passenger Chris Karnes told local news outlet KIRO 7.

"All of a sudden, we felt this rocking and creaking noise, and it felt like we were heading down a hill," Karnes said. "The next thing we know, we're being slammed into the front of our seats, windows are breaking, we stop, and there's water gushing out of the train."

The derailment occurred on the first day Amtrak began using a new route between the Washington cities of Tacoma and Olympia, part of a project to cut travel time, according to an October news release from the state's transportation department.

A National Transportation Safety Board member told reporters it was too early to say what caused the crash and that the NTSB was sending investigators to the scene. REUTERS

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PHILLY IS LEADING COLLABORATION AND INNOVATION

ROB WONDERLING
Analysis

Philadelphia has always been a city of inventors. In 1888, Philadelphia-born Theophilus van Kannel invented the revolving door in order to cut down on chilly drafts that made their way into buildings. Townsend Speakman, a Philadelphia druggist, invented soda in 1807. Of course, we all know the most famous inventor of our region: Benjamin Franklin, creator of the odometer, the bifocal glasses, and the lightning rod, to name a few.

Thinking up new and problem-solving ideas is in Philadelphia's blood, which is why it is no surprise that our region is gaining much traction in the startup sector. Philadelphia was designated as a top 10 emerging startup hub in the U.S. by Progressive Policy Institute and Technet in 2017.

Yet Philadelphia isn't always seen as an innovative city compared to others in the U.S. Our business expansion arm of the Chamber, Select Greater Philadelphia Council, has partnered with NBC10 to create a television program called "Growing Greater Philadelphia," an initiative that highlights the Greater Philadelphia region's business assets and success stories.

The most recent episode highlighted the innovation and collaboration happening in every corner of Greater Philadelphia. There are over 300 startups across the 11 counties that create a diverse entrepreneurial community. The Philadelphia startup community differs from other regions in that it is highly collaborative; entrepreneurs, providers, partners, mentors and customers are nearby and accessible, a sentiment not often found in other, more competitive regions. In Greater Philadelphia, startups have a supportive network, access to world-class talent and room to grow.

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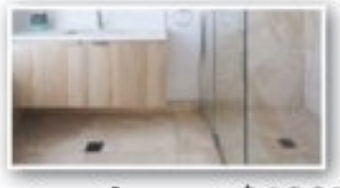

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Trump 'would probably be a dictator by now' in any other country: Expert

President Trump has been criticized as dictatorial. GETTY IMAGES

Donald Trump "would probably be a dictator by now" if the checks and balances in the American political system didn't exist, a conservative foreign-policy expert says.

"Trump as a personality type is probably no different from a Mussolini, a Peron, a Chavez. And if you were operating in Argentina or Italy, he would probably be a dictator by now. But luckily, he's not operating in those countries," Max Boot, the Jeanne J. Kirkpatrick senior fellow for national security studies at the Council on Foreign Relations told Politico on Monday.

"The good-news story of the first year of the Trump presidency is that there are checks and balances," he added.

Since the beginning of his term, Trump has been criticized for displaying authoritarian tendencies. He has called the American news media "the enemy of the people" and turned "fake news" into shorthand for any stories that are unfavorable to his administration, a vocabulary that has been adopted by authoritarian leaders around the world. During the first year of his term, Trump has been openly expressed admiration for authoritarian leaders, including Russia's Vladimir Putin, Rodrigo Duterte of the Philippines and Turkey's Tayyip Erdogan, while swapping the diplomatic language typical of American presidents for bellicose rhetoric. Infamously, he threatened North Korea with "fire and fury the likes of which the world has never seen" and warned the country would be "totally destroyed" if it continued its nuclear testing.

"It's impossible to imagine any other president going before the U.N. General Assembly and referring to the dictator of North Korea as 'Rocket Man,' or issuing this series of blustery threats, which, frankly, are terrifying, and are raising the risk of a needless war," Boot said.

But Boot says Trump has been even more destructive domestically. "[Trump is] undermining the rule of law," he says. "He's obstructing justice. He's lending the support of the presidency to monsters like Roy Moore. He is exacerbating race relations. He is engaging in the most blatant xenophobia, racism and general bigotry that we have seen from the White House." MICHAEL MARTIN

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The *best* Christmas episodes streaming

Christmas is around the corner, and the holidays are in full-mother-flipping-swing. Sure, you could deck the halls — or you could stay in, get cozy and binge watch Christmas episodes to get you into the holiday spirit. Here are five that you can't miss.

RACHAEL VAUGHAN CLEMMONS

"New Girl," "Santa"

Season two, episode 11, *(Netflix)*

The second season of "New Girl" is when the FOX series really hit its stride. And "Santa" is no different. The gang's all together for a last, pre-Christmas hurrah, hitting up as many holiday parties as they can. As a result? This episode has everything: Nick Miller's palpable anxiety, a Jessica Day freakout — featuring hot doctor Sam! — gingerbread cookie flavored shenanigans, and a magical, appearance by Black Santa. Oh, and a group, disjointed rendition of "O Come, All Ye Faithful" in a hospital, as you do.

"30 Rock," "Christmas Special"

Season three, episode six *(Hulu)*

A Christmas episode with all the heart and hi-larious moments you've come to expect from Liz Lemon and the gang? Yes please. To avoid spending time with his mother — who he, um, accidentally hit with his car — Jack forces the TGS staff to put on a live Christmas Eve special. Liz, meanwhile, gets haughty about playing Santa for disadvantaged children, and it goes about as bad as you think. As Tracey says, "What's the past tense for scam? Liz Lemon, I think you just got scrumped."

"BoJack Horseman Christmas Special: Sabrina's Christmas Wish" *(Netflix)*

You'd be forgiven for now knowing that a special Christmas episode of "BoJack Horseman" existed. But now that you do know, here's a heads up: don't expect a light, heartwarming episode of television, like other standalone Christmas episodes. Instead, the episode offers BoJack and Todd hate-watching a very special episode of "Horsin' Around," acknowledging that holiday specials are "stupid, cynical cash grabs" — BoJack's words, of course.

"The O.C.," "The Best Chrismukkah Ever"

Season one, episode 13, *(Hulu)*

"The O.C." gave us a lot of essential popular culture moments and very attractive actors in their early 20s unconvincingly playing teenagers. And Chrismukkah! In this episode, Seth introduces the concept of a holiday meant to bring together the best parts of Christmas and Hanukkah. There's also love triangles, Marissa being the worst, and Ryan wearing a puka-shell necklace and worrying about his toxic family.

"Arrested Development," "Afternoon Delight"

Season two, episode six *(Netflix)*

Here's one episode of "Arrested Development" that I'll never forget. And it's because of Michael and Maeby performing the most uncomfortable (and entertaining) duet of "Afternoon Delight," while Michael slowly realizes that the song is crazy inappropriate. The Bluths also come together for their annual rebuild of the banana stand — after its annual destruction — and for an annual company Christmas party that devolves into chicanery, because that's the only way the Bluths know. Afternoon delight indeed.

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Why cinematic musicals are making a comeback

Pasek & Paul, the composer duo behind "The Greatest Showman," talk Hollywood's latest trend.

GREGORY WAKEMAN
@MetroNewYork
gregory.wakeman@metro.us

Hugh Jackman plays (and slays) the singing and dancing PT Barnum in "The Greatest Showman."
20TH CENTURY FOX

For a while there, "musical" was seen as a dirty word in Hollywood.

But while the huge financial haul of "Frozen" and the pop-culture phenomenon that is "Hamilton" contributed to its rehabilitation, the box-office and critical success of "La La Land" was the final push — and it persuaded studios to put more faith in the genre.

With a budget twice the size of "La La Land," "The Greatest Showman" — in theaters Dec. 20 — is the kind of blockbuster musical that 20th Century Fox is hoping will cement the genre's return. Hugh Jackman stars as P.T. Barnum, the singing and dancing founder of the famous traveling Ringling Bros. and Barnum & Bailey Circus.

Both films have another thing in common: The lyrics for their songs were composed by the songwriting duo Pasek and Paul. And the pair insists the two films have served each other.

"'La La Land' getting made and going into production, having its success, that served 'The Greatest Showman,' because then the people behind it were much more confident about it," Justin Paul says over the phone.

"Audiences all over the world, who weren't necessarily interested in musicals, suddenly became interested, and realized that they didn't hate musicals."

Pasek and Paul originally learned about "The Greatest Showman" from a pitch by its director Michael Gracey, which was "so full of heart, and was bold, daring, colorful, whimsical, and larger than life" that it immediately piqued their interest.

"We were mystified and challenged by it," Paul continues. "Because they wanted contemporary pop music but in this period story."

"We come from musical theater," Benj Pasek adds. "So we were used to a particular type of songwriting, which is much more theatrical. But this was a mixing of different worlds.

"We wanted to create songs that were joyful, and uplifting, and was something that you could share with your family," Pasek continues.

But while Pasek admits they are Broadway kids at heart — and will always come back to it as their middle ground, something the recent success of their original musical "Dear Evan Hansen" underlines — for them writing songs is the same process, regardless of the medium.

"It's us in a room banging our heads against the wall, trying to come up with a lyric or a melody that works with a character in a story," Pasek says. "For us, it doesn't make that much difference."

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Where to eat Christmas Eve dinner

Raise a toast to not cooking!

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Believe it or not, Christmas Eve is this Sunday! With the holidays being the craziest time of year, (between social events, the holiday rush at work and shopping) cooking a large meal on Christmas Eve isn't for everyone. Skip the added stress and leave the cooking to the professionals. From Asian fare to traditional prix fixe feasts, here are a few tasty options for dining out on Christmas Eve in Philadelphia.

The Little Lion

Enjoy a family-style prix fixe dinner at The Little Lion in Old City. You get a choice of two entrees (prime rib, smoked ham, blackened catfish or kale pesto pasta), three sides (macaroni and cheese, charred Brussels sprouts, roasted tomato soup, cheddar grits and greens, mashed potatoes and gravy, sweet potato hash, lion salad or kale caesar) and individually served desserts (chocolate mud jar, eggnog cheesecake, espresso crème brulee). The meal is $45 a guest and $20 for kids 12 and under. Dinner service begins at 4 p.m. Christmas Eve.
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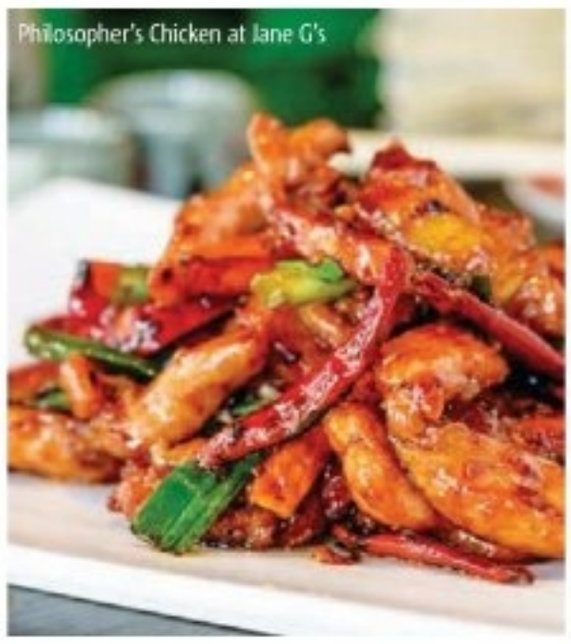
King Crab at Dim Sum House


Philosopher's Chicken at Jane G's

Dim Sum House

Head uptown to University City for a Christmas Eve meal fit for a king — king crab, that is! Dim Sum House has special additions to its already-delicious menu that include the Norwegian whole king crab that feeds six to 12 people. You can get it done three ways: ginger-scallion steamed style (the only option that isn't fried and breaded), minced pork with XO sauce or salt and pepper style. Not feeling the king crab? Other Christmas Eve options include ginger-scallion lobster, striped bass or ginger scallion steamed whole-fish tilapia. The restaurant is open until 2 a.m., so if you're running late doing Christmas shopping, you don't need to skip dinner.
3939 Chestnut St.
dimsum.house

Jane G's

A favorite of Samuel L. Jackson's when he was in town filming "Glass," Jane G's serves up delicious Szechuan Chinese food in Rittenhouse Square. Christmas Eve, specials include Peking duck (julienned scallions and cucumbers, Chinese bao, pancake and hoisin sauce) and philosopher's chicken (dark-meat chicken, sweet potatoes, potatoes and pepper stir fry. For dessert, try the cinnamon corn huskers, which are fried, sugary cornmeal treats that are crispy on the outside and soft on the inside. The full menu will also available along with bar service until 10 p.m.
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What to look for when

When seeking treatment, the options can be overwhelming. ALL PHOTOS ISTOCK

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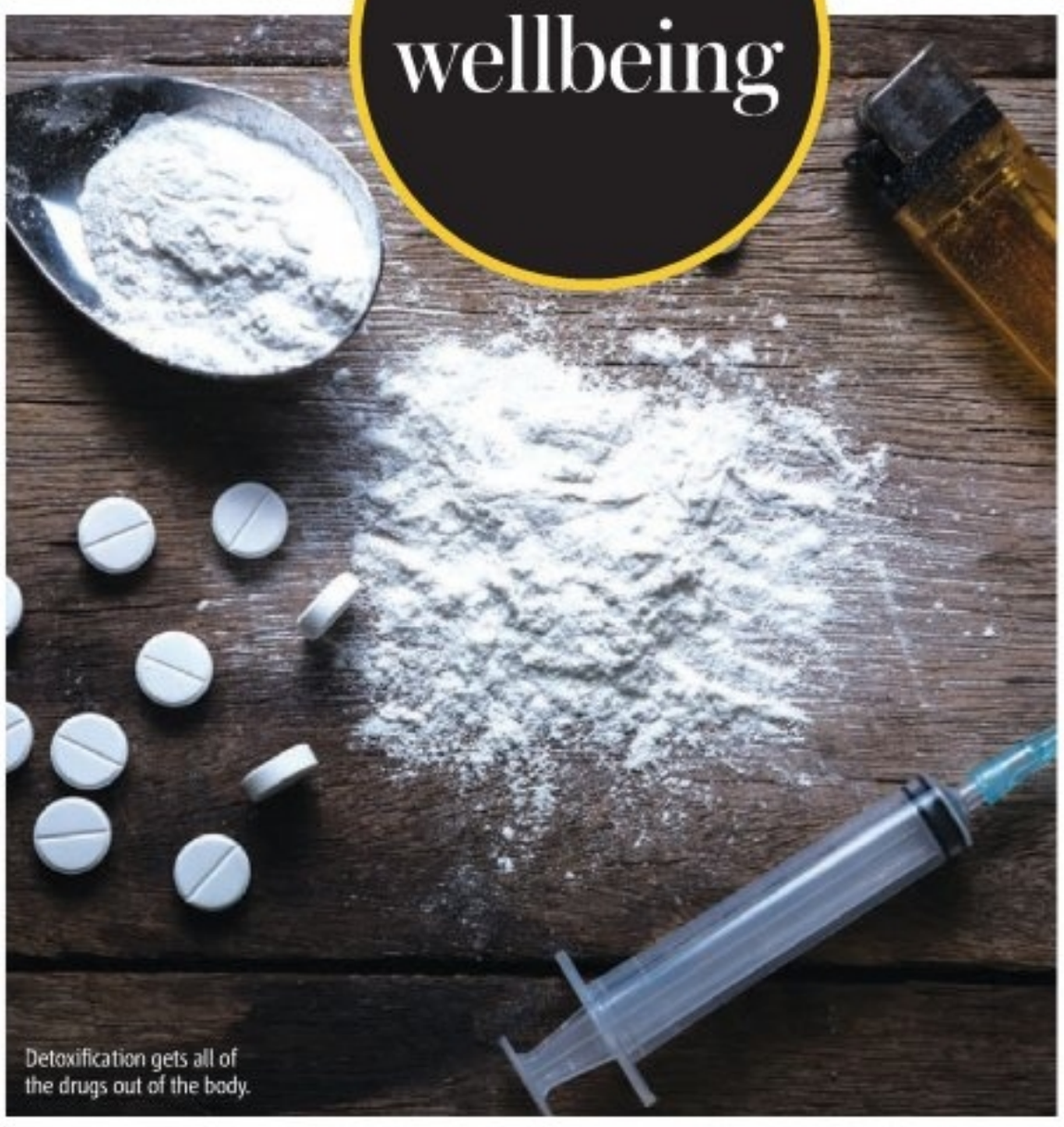

Detoxification gets all of the drugs out of the body.

The questions to ask when researching care options.

JOSHUA CROUTHAMEL
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When you or a loved one feels sick and tired of feeling sick and tired due to drug and alcohol problems and decides to enter treatment, the options are incredibly daunting, and can be difficult to understand. So what's important to look for when making such a life-changing decision?

We spoke with Deni Carise, Ph.D, the chief scientific officer at Recovery Centers of America, to find out what's important to look for, and what are some clear red flags, before deciding on the best place to get seek care.

One-stop shop

There are many models for recovery. And there's not just one that works for everyone. So look for a facility that offers a range of treatment options. If the one you're investigating offers only detox, or just outpatient services how do you make sure someone gets all the treatment they need?

"A comprehensive continuum of care, with the ability to transfer a patient from one level of care to the next, is critical to the process," says Carise. "The process of detoxification gets all of the drugs out of the body over the course of several days. And right after that's accomplished? That's when a person is most at risk of overdosing and dying if they use again." A drug user is susceptible to overdosing on less than half of their average dose post-detox, and unless there's a mechanism in place to safely transition from the detoxification stage to the next stage of care, you're running a major risk.

"Ideally, a patient will be able to go from one level of treatment to the next in a familiar environment," advises Carise.

More cooks in the kitchen

"The staff-to-patient ration should be close to 1:1," says Carise. The more people onboard to help facilitate this huge life change, the better. The most important question to ask, however, is the staff-to-patient ratio when it applies to the primary counselor, who should be seeing roughly eight-10 clients in a best-case scenario. The primary counselor is the person who puts together treatment plans, and sees patients in daily primary group therapy and sees the patient in individual therapy, s/he

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it's time for treatment

is often the person with the most skills and the most outside influence over a patient's success.

A safe environment

With the fact of rampant sexual-assault accusations filling more and more column inches each day, maybe the best facility for a vulnerable young adult female is different from the one chosen by a middle-aged man. The dynamic at different facilities is as varied as the patients they support — so whether you opt for one that aims to help only young people, or those who treat in separate gender groups, or those who suffer from an addiction to a particular substance, or a faith-based organization — a one-size-fits-all option isn't always the best fit.

Additionally, it's important to find a facility that's accredited by the Joint Commission. "They hold recovery centers to the highest standard, and are a great way to make sure the program you choose is delivering care in a safe and effective way," advises Carise.

Just say "no"

Be dubious of self-reported success rates. "Centers that claim they have an 80% or 90% rate — what you have to understand here is that those figures come from the alumni that fly back to celebrate the anniversary of their sobriety," Carise says. "The reality is that any program that reports a 'recovery' or 'cure' rate of 90% when treating a chronic disease (like diabetes or depression — or addiction) isn't being honest."

And although you may think that frequent testing at a facility is a good thing, don't (necessarily) buy it. "Over the course of four weeks at a residential treatment center, some providers do urine screens every other day," says Carise. "That might sound like it's giving extra piece of mind, but in an environment primarily free of substances, it can be a bit heavy-handed considering those tests can cost an additional $1,000 — each — out-of-pocket. Unfortunately, this is how disreputable programs make extra money."

In summary, make sure there's enough qualified staff at an accredited treatment program that fits you or your loved one's specific needs, and that they can provide the various services you need.

The dynamic at different facilities is as varied as the patients they support.

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James Demery is averaging 16.8 points per game this season for St. Joe's. GETTY IMAGES

Picking up the slack

A pair of seniors have helped pick up the scoring load for St. Joe's.

JEFF MCMENAMIN
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Life without Lamarr "Fresh" Kimble has not been easy for the St. Joe's Hawks.

Kimble was lost for the season in November after re-injuring the same bone in his left foot which required surgery in February.

Seniors Shavar Newkirk (16.9 PPG) and James Demery (16.8 PPG) have had to pick up the slack offensively that Kimble left behind as the Hawks keep trying to tread water in the Atlantic 10 standings.

They beat Maine on Sunday, 72-59, to improve to 5-5 on the season, placing them eighth in the A-10.

"[Winning tonight] is a big deal, but I still have to get their attention," St. Joe's coach Phil Martelli said. "They're not hard to coach, but some of them feel like coaching is a conversation. I don't want to have a conversation, I want to make sure they understand [what they need to work on]."

The Hawks had lost two straight Big Five contests coming into the game against Villanova and Temple. Getting the win was surely a confidence builder for the team, but Martelli wasn't happy with the performance. The team missed layups, used poor shot selection and missed nine free throws while giving up easy drives to the rim on the defensive end.

Shavar Newkirk is averaging 16.9 points per game this season. GETTY IMAGES

"We need to play better," Martelli said. "Individually better. We're not really walking out of here and saying, 'that was crisp, that was sharp, that was good enough for the Atlantic 10.'"

Newkirk and Demery each scored 19 points in the Hawks' win, but on a combined 13-of-34 (38 percent) shooting. With St. John's (9-2) coming into Hagan Arena on Wednesday, the Hawks need to play a more efficient brand of basketball to give themselves a shot to win.

"If we [play like we did tonight] on Wednesday, we're going to lose and everybody's going to be hanging their head and you're going to be stomping your way through Christmas," Martelli said. "I don't want to do that."

The Hawks' game against the Red Storm will air at 4:30 p.m. on ESPNU.

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EAGLES DEFENSE SLOWING DOWN AS PLAYOFFS DRAW CLOSER

This was an Eagles win that left us all miserable — a road victory that clinched a playoff bye, but foreshadowed doom. Never before did beating Eli Manning seem so empty.

Yes, the good guys defeated the Giants, 34-29, Sunday. They climbed to 12-2 and are now one victory from guaranteeing all home games until the Super Bowl.

"We found a way to win," DT Fletcher Cox said afterward. "That's really all that matters."

Not really. Most Eagles fans woke Sunday fretting how Nick Foles would step in for injured MVP Carson Wentz. As it turned out, Foles was fine, throwing for four TDs.

Instead, it was the defense that had us chewing our fingernails to the nub. Cox and his mates allowed 504 yards to the NFL's 29th-ranked offense. They sacked Manning just once in 54 attempts. Eli passed for 434 yards — the second-highest total ever against the Eagles in 85 seasons.

The Giants cruised 75 yards for a TD on their first series. Then they did it again. And again. "What has happened to the Eagles defense?" Merrill Reese pleaded on the radio. "They're asleep!"

And they wouldn't wake. Manning torched the Eagles when they blitzed early. He continued to torch them when they laid back.

Indeed, with less than four minutes to go in a five-point game, the Giants marched 74 yards to the Eagles six, before tackle Bobby Hart killed his own team's drive by jumping pre-snap. It was raucous noise made by visiting Eagles fans that rattled the Giants lineman. Give those fans a game ball.

The confounding thing is the Giants succeeded with a predictable, one-dimensional offense Sunday. Time and again, Manning completed 10-yard pick plays where Eagles cornerbacks got lost in the wash. It was death by 1,000 slant patterns.

Corners Jaylen Mills and Ronald Darby incurred four penalties.

Tackling was sloppy at all levels. Manning barely felt pressure from one of the NFL's most-lauded pass rushes.

One poor game can be an aberration, but this is now three in a row. Perhaps there's no shame in getting picked apart by Russell Wilson, or giving up points to a skilled, fast Rams offense. But the Giants? They were a carcass of an offense heading into yesterday. Now, the Eagles defensive slump has become a trend.

And so it begs the question: Is this the porous secondary we all feared when the season started? Or, is this still one of the NFL's top five defenses — as it showed through November — merely encountering turbulence in this long, glorious flight of a season?

I don't know. You don't know. We can only hope that defensive coordinator Jim Schwartz does and can stabilize everything over the next two weeks against Oakland and Dallas. While we all respect Eli Manning's career, the QBs the Eagles might face in the playoffs are named Drew Brees, Cam Newton and Matt Ryan, along with another potential look at Wilson or Jared Goff.

Wentz's brilliance helped the Eagles cover for occasional lapses. No matter how many points the opponent scored, he was always one touchdown better.

Foles, capable as he was Sunday, is not in that stratosphere. He can't carry this defense. Now it has to carry itself.

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16 Sleep like -- --
17 Prince Val's wife
18 Edible seeds
19 Painter -- Chagall
20 Mark down
22 Technique
23 Wrist-to-elbow bone
24 Felt sorrow over
26 Annual
28 Outspokenly
31 Youth org.
32 Popular lily
33 In a listless manner
39 Between pi and sigma
40 Some parents
41 Aussie jumper
42 Replaces
45 Big house
47 Carpet
48 Couple
50 Photos
53 Luke Skywalker's guru
54 Shorten an article
55 Drink like Fluffy
57 Miss Piggy's friend
61 Monthly expense
62 Tiant or Aparicio
64 "Hasta --!"
65 Fasten permanently
66 "-- Karenina"
67 "Crocodile Rock" singer -- John
68 Failing that
69 Bothers persistently
70 Tractor pioneer

Down

1 Lacerate
2 Bath decor
3 Developed
4 Not artificial
5 Fearsome vampire
6 Puppy noise
7 Crossing the ocean
8 Bushed
9 Savings (2 wds.)
10 Shogun's warriors
11 -- -- costs
12 Trite
13 Pet lovers' grp.
21 Conger
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29 Maui neighbor
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56 Metallic sound
58 Distribute
59 Borodin prince
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63 Eur. carrier

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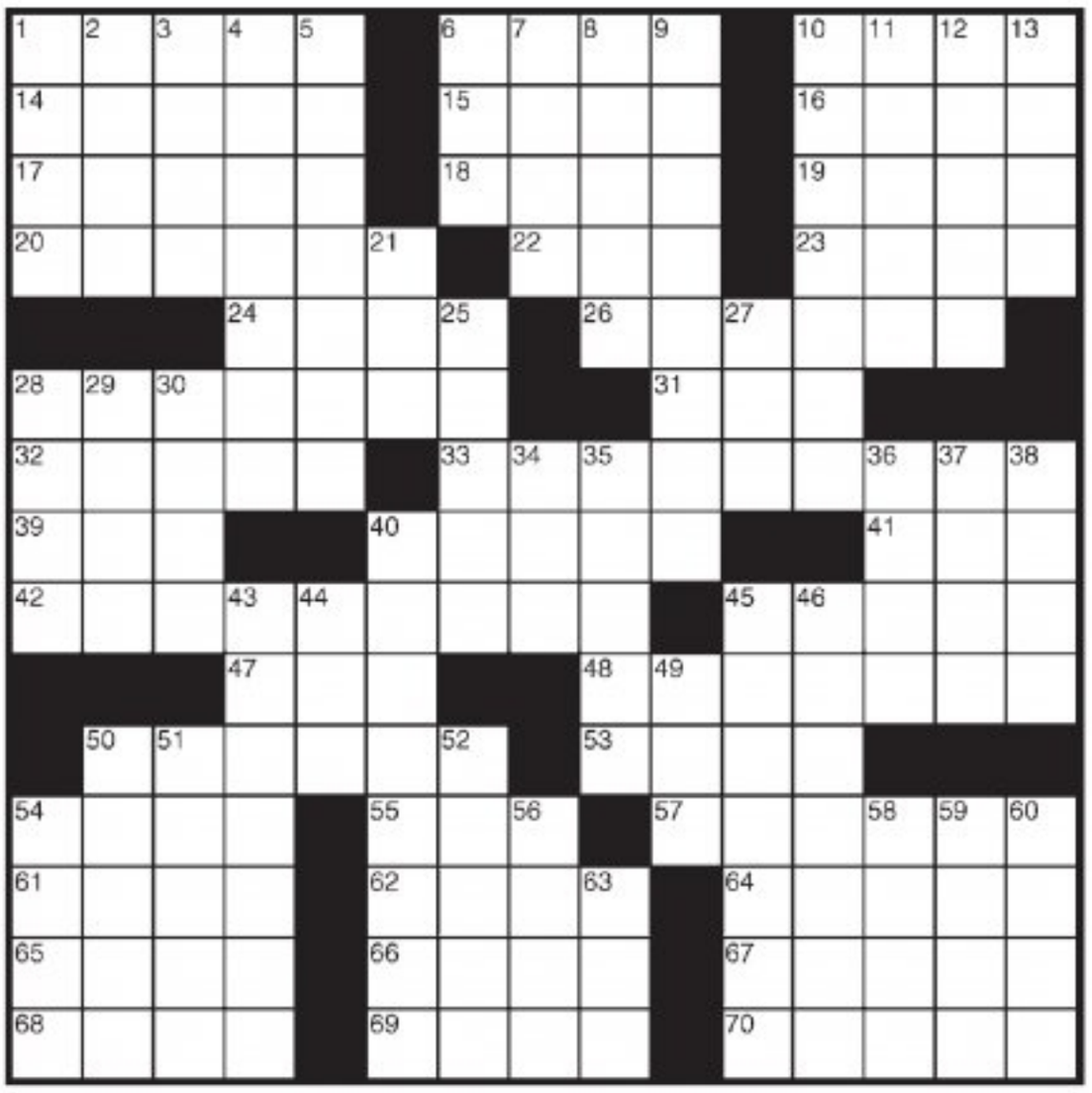

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easy

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			5	9			6	8
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	8			3		6		1
		3		1		9		

hard

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5			3			8	2	
	8	3			6			9
6					5			8
1	3	8	4			2		
		2		8			3	

metro.us/horoscopes

Aries Don't let your generosity get the better of you. It's nice to spend money or do things for others, but not if it breaks the bank.

Taurus Express your thoughts and listen to the opinions and suggestions of others. Sticking to a sound plan will ensure you come out on top.

Gemini Compassion and understanding will make you feel good about yourself and your life. A gift or some unexpected cash is heading your way. Romance is in the stars.

Cancer A unique idea will help you surprise someone you love. Socializing, shopping and getting into the spirit of the season are encouraged. Trust your instincts.

Leo Emotional matters will escalate quickly if you aren't prepared to compromise and listen to good advice. Personal change will help you stabilize your relationship with a loved one.

Virgo Making plans with friends or relatives will give you something to look forward to. Pick up items you can use to help you close out the year.

Libra Get together with a friend or plan a shopping trip with someone searching for the same items you are. Romance is on the rise and will improve your personal life.

Scorpio Make sure you know what's expected of you. An unusual approach to family matters and involvements with close friends and relatives will make it easier to avoid conflict.

Sagittarius Think about home improvements you want to make. A lifestyle change will give you greater freedom to enjoy the people and pastimes you care about most.

Capricorn Your intuition won't let you down. If you look at the big picture, you'll know exactly what to do next. It's OK to take the road less traveled. Do your own thing.

Aquarius Keep your life simple and don't draw attention to what you are doing. Helping less fortunate people will make you realize how lucky you are.

Pisces Do what you can to help others, but not if it means losing out on something you want. A financial gain is apparent, but don't be extravagant. EUGENIA LAST

Yesterday's answers

D	U	S	T	■	M	A	L	L	■	■	G	A	D	
O	L	E	O	■	A	X	I	O	M	■	M	I	C	A
G	N	A	T	■	R	E	A	D	Y	■	A	L	I	T
E	A	R	T	H	Y	■	R	E	N	E	G	A	D	E
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D	O	O	R	M	A	T	S	■	H	A	N	G	A	R
R	I	G	■	S	N	A	C	K	■	S	T	O	L	E
I	L	L	S	■	D	I	A	N	A	■	A	F	A	R
V	E	E	P	S	■	D	R	A	C	O	■	E	M	U
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F	A	T	I	G	U	E	S	■	E	L	A	P	S	E
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M	I	N	G	■	D	A	L	A	I	■	L	E	V	I
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